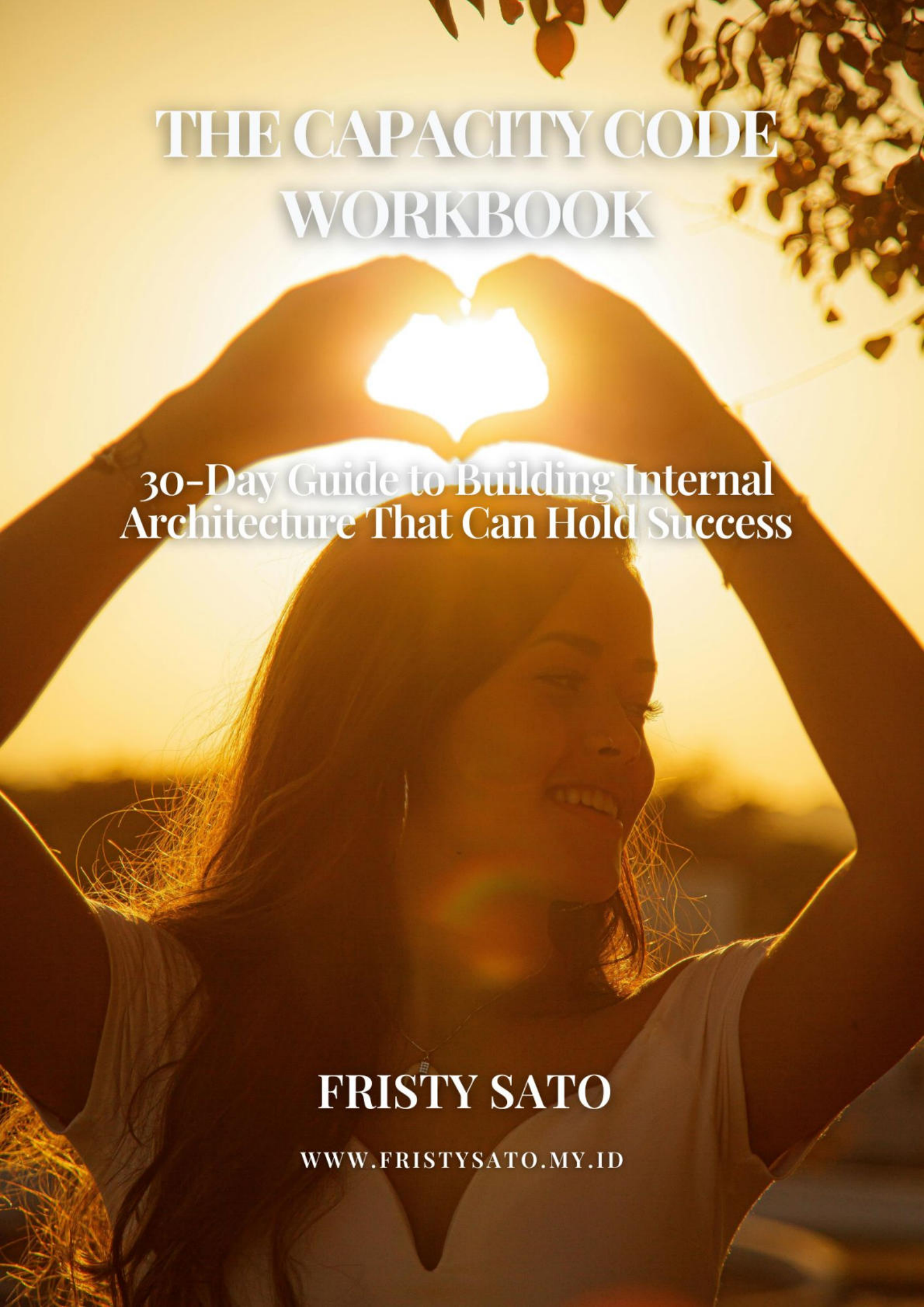
THE CAPACITY CODE WORKBOOK

30-Day Guide to Building Internal Architecture That Can Hold Success



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The Capacity Code Workbook

30-Day Guide to Building Internal Architecture That Can Hold Success

Written by Fristy Sato

Divine Feminine Leadership Initiator

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The Capacity Code Workbook

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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Table of Contents

A Note from Fristy 4
INTRODUCTION — Why You Hit the Invisible Ceiling 6
WEEK 1 — CLARITY: Audit Your Energy and Systems 6
1. Energy Inventory 6
2. Nervous System Check-In 6
WEEK 2 — STRUCTURE: Design Systems That Support Flow 7
1. Simplify Your Business Architecture 7
2. Close the Energy Leaks 7
WEEK 3 — EXPANSION: Reframe Limiting Beliefs 8
1. Spot Your Upper Limit Story 8
2. Money, Visibility, and Receiving 8
WEEK 4 — INTEGRATION: Hold Success Without Collapse 9
1. Build Rhythms, Not Hustle 9
2. Anchor Into Receiving 9
3. Embodied Closure Ritual 9
Reflection and Notes Section 10
Closing Note 11
Apply Now for the THRIVE Feminine Leadership Immersion 11
Get Your Free Gift! 12
Divine Feminine Wealth Activation 12
Get Your Free Gift! 14
The Unapologetic Radiance Guidebook 14
A Note of Gratitude 16
About Fristy Sato 17
Check Out My Books! 18
The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires 18
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love 20
Your Path Forward 22
BEGIN YOUR JOURNEY NOW! 23

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A Note from Fristy

Welcome, visionary leader.

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

Let's be honest about why high-performing women often feel stuck. It's rarely about poor strategy. It's because your **system**—your mind, body, calendar, and energy—hasn't been upgraded to **hold the success** you're calling in.

You may have built the business, refined the offers, and received great feedback, but you keep hitting the same invisible ceiling: **fatigue, resistance, and self-sabotage.**

This 30-day workbook is your guide to building the internal architecture that can contain your next level—financially, emotionally, and energetically. We are shifting you from chasing success to *holding it* by focusing on three grounded pillars:

1. **Business Mapping:** Simple, grounded systems that align your goals with your energy.
2. **Mindset Reframing:** Changing the subconscious stories that quietly sabotage momentum.
3. **Energetic Alignment:** Practical tools to regulate your state so your body can hold growth without collapse.

You will walk away with a **nervous system and mindset** that finally match the expansive vision you are meant to lead.

Yours in sustainable expansion,

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INTRODUCTION — Why You Hit the Invisible Ceiling

If you are experiencing fatigue and frustration, it's not a failure of effort; it's a **capacity crisis.** The success you desire requires a more stable internal container than the success you've already achieved. We are moving from the exhausting *hustle* mindset to the powerful state of **aligned regulation.**

WEEK 1 — CLARITY: Audit Your Energy and Systems

Theme: "You can't upgrade what you don't understand." You must see your current system clearly before you can optimize it.

1. Energy Inventory

- **Journal Prompt:** What genuinely **energizes** you daily in your business, and what **drains** you (emotionally, mentally, physically)?
- **Reframe (Mindset):** Instead of believing, *"I'm bad at managing my time,"* try: **"I'm learning what rhythms my energy naturally thrives in."**
- **Action Step: Create a Simple Energy Map.** Mark your typical day or week: **GREEN** (energizing/flow), **YELLOW** (neutral), **RED** (draining/friction). Notice the patterns that are silently costing you energy.

2. Nervous System Check-In

Your body's tension cues reveal where your system still links **success to danger** (e.g., setting high prices, high visibility, or launching).

- **Practice:** Pause 3 times a day for 2 minutes. Ask: *"What's my current energy state—calm, focused, anxious, or scattered?"* Breathe into it without judgment.
- **Journaling Prompt:** *"What are the loudest stories I tell myself when I feel behind or overwhelmed by my own growth?"*

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 2 — STRUCTURE: Design Systems That Support Flow

Theme: "The right structure gives your freedom a container." The goal is a simplified architecture that maximizes capacity.

1. Simplify Your Business Architecture

Write down every offer, task, or responsibility you currently manage. Now, circle only what: **a) moves your business forward** and **b) feels energizing.**

Everything else gets one of three conscious actions: **Automated, Delegated, or Deleted.**

- **Reframe (Mindset): "If I let go of what's not aligned, I'm not losing control—I'm gaining infinite capacity."**

2. Close the Energy Leaks

Think of your business like an electric circuit. Energy leaks happen when you have too many "open loops" (unfinished projects, unclear pricing, late responses).

- **Exercise:** List your **"open loops"** (all incomplete tasks or conversations). Commit to **closing one per day.**
- **Journaling Prompt:** *"What would my business look like if it were simple, profitable, and designed for my emotional well-being?"*

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 3 — EXPANSION: Reframe Limiting Beliefs

Theme: "You can't grow bigger than what your identity believes you can handle." Your capacity is limited only by your nervous system's definition of safety.

1. Spot Your Upper Limit Story

This is the hidden fear that causes you to self-sabotage just before a major breakthrough.

- **Prompt:** Write down your first instinct to this: **"If I became wildly successful, the downside I would fear is _____."** That fear is your upper limit.
- **Reframing:** Write and repeat the counter-affirmation: **"I can be wildly successful and still be safe, loved, and balanced."**

2. Money, Visibility, and Receiving

Reflect on where your body tightens when you imagine: raising your prices, posting boldly online, or saying no to misaligned work.

- **Micro Reframe (Mindset):** Instead of **"It's scary to be seen,"** use: **"It's new to be seen this much—and I'm learning to feel safe in it."**
- **Practice:** Every time you post, pitch, or share—anchor your feet, exhale, and repeat: **"I am grounded in my truth. My work is valuable."**

The unhealed financial wound is the biggest block to holding capacity. To dissolve the patterns that keep you small, [Visit our self-paced course, Divine Feminine Money Healing](fristysato.my.id).

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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WEEK 4 — INTEGRATION: Hold Success Without Collapse

Theme: "Regulation, rhythm, and rest are your new productivity tools." You are anchoring stability as your default state.

1. Build Rhythms, Not Hustle

Create your ideal weekly flow. Include conscious blocks for:

- Work blocks for **focus** and **creation**.
- **Rest blocks** for intentional recovery.
- **Creative time** for inspiration (not production).
- **Embodiment practices** (walks, stretching, quiet time).
- **Reframe: "Rest isn't the absence of action—it's integration time for massive growth."**

2. Anchor Into Receiving

At the end of each day, write:

- **1 thing I received** (support, compliment, sale, clarity).
- **1 thing I allowed myself to stop controlling.**

This rewires your brain to associate expansion with safety, ease, and allowance.

3. Embodied Closure Ritual

On Day 30, review your notes and write one paragraph beginning with:

"My system can now hold the next level of my success because I consciously built the capacity for stability, alignment, and receiving."

Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Closing Note

You are not stuck. You are simply being asked to **upgrade your capacity**—emotionally, physically, and energetically.

When you build internal stability, external growth becomes effortless. This is how you stop chasing success and start holding it.

If you are ready to anchor this shift into your entire legacy—moving from burnout into a state of unwavering **Clarity, Calm, and Magnetic Power**—the **THRIVE Feminine Leadership Immersion** is your final step.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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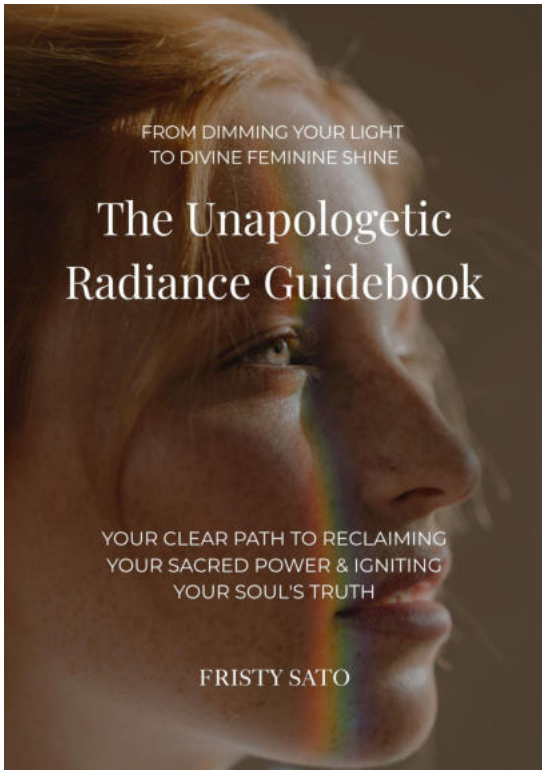
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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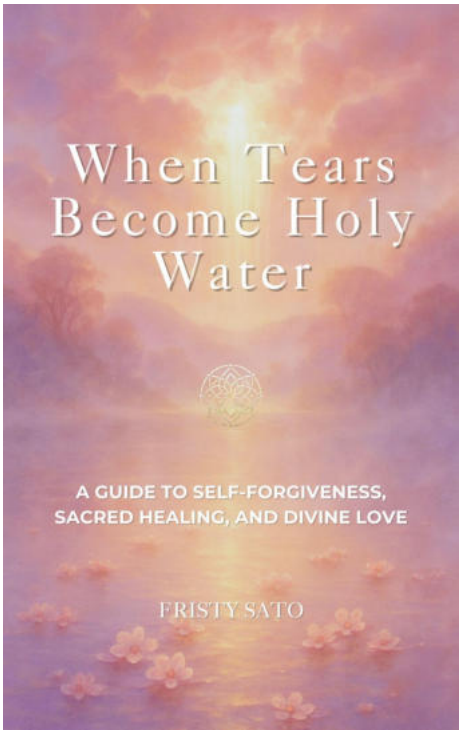
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

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Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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